

ZONES OF REGULATION





"He's just doing that to get attention."

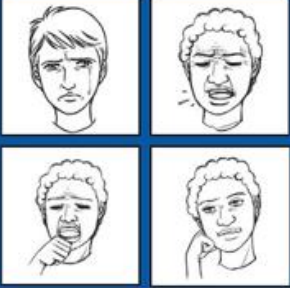
STRUGGLING TO KEEP IT TOGETHER... WHILE FALLING APART – TEMPLE GRANDIN

- The Zones of regulation is a curriculum geared towards helping pupils gains skills in consciously regulating their actions, which in turn leads to increased control and problem solving skills.
- Uses a cognitive behaviour approach.
- Develops 4 areas – self-regulation, sensory processing, executive functioning and emotional regulation.

- **What Zone are You in?**
- **Blue Zone** – LOW STATES OF ALERTNESS your body AND BRAIN are running slow and sluggish, like when you're tired, sick, sad or bored.
- **Green Zone** – REGULATED STATE OF ALERTNESS like a green light, you feel “good to go”. Your body may feel happy, calm and focused. NEEDED FOR WORK AND SOCIALIZING.
- **Yellow Zone** – HIGHTENED STATE OF ALERTNESS when you start to lose control, like when you feel frustrated, anxious, worried, silly, surprised, CONFUSED, NERVOUS, WIGGLY, QUIRMY OR SENSORY SEEKING. STARTING TO LOSE SOME CONTROL.
- **Red Zone** – when you experience extreme emotions. When you are in this zone, you are out of control, you have trouble making good decisions, and you need to STOP!

EMOTION COACHING – EMPATHY AND NOT JUDGEMENTAL.

The **ZONES** of Regulation®

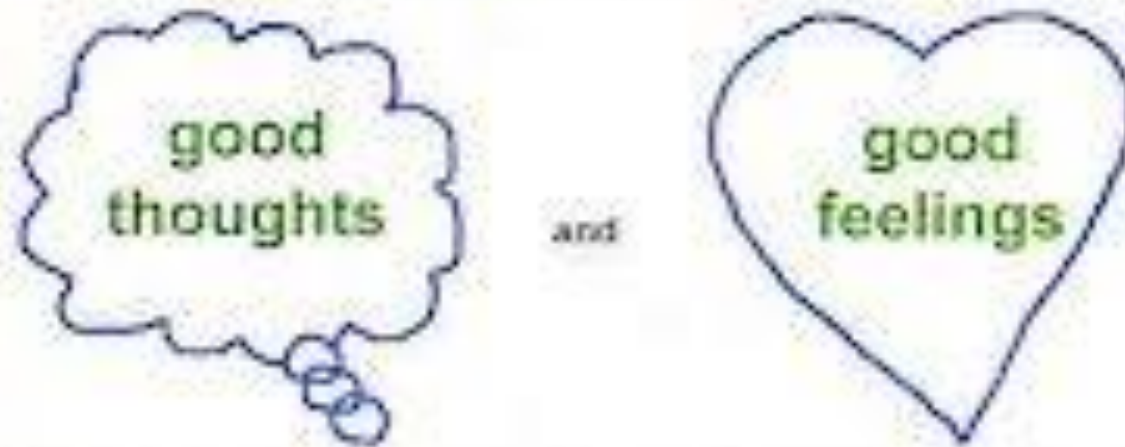
			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

VOCABULARY

- **Expected behaviours** – that give people around you comfortable or good thoughts about you.
- **Unexpected behaviours** – that give people around you uncomfortable thoughts about you.
- **Inner coach** – used to describe positive thoughts
- **Inner critic** – used to describe negative, self-defeating thoughts
- **Superflex thinking** – A flexible thinking pattern where a person can consider different view points or ways to do something
- **Rock brain thinking** - when rigid thinking means a person gets stuck on an idea and has difficult considering other options or ways to do something.

LANGUAGE ABOUT BEHAVIOUR

Expected Behaviors =

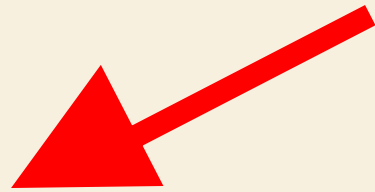


Unexpected Behaviors =

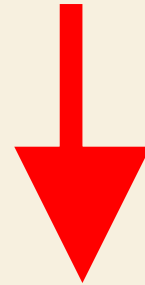


SELF REGULATION

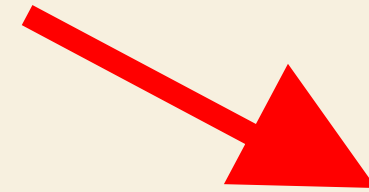
DEFINITION: THE ABILITY TO DO WHAT NEEDS TO BE DONE TO BE IN AN OPTIMAL STATE FOR TGE GIVEN SITUATION.



**To reach ones
goals**



**Meet the
needs of the
environment**



**Be socially
acceptable**

Sensory processing

How well you organize and process information from sensory receptors.

Includes: auditory, tactile, vestibular, gustatory, proprioceptive, olfactory, visual incoming information. You may be hypo-sensitive or hyper-sensitive.

Executive functioning

The cognitive processes used to control conscious thought.

Includes: attention shifting, working memory, internalization of speech, flexible thinking, planning, inhibition – all leading to the ability to problem solve.

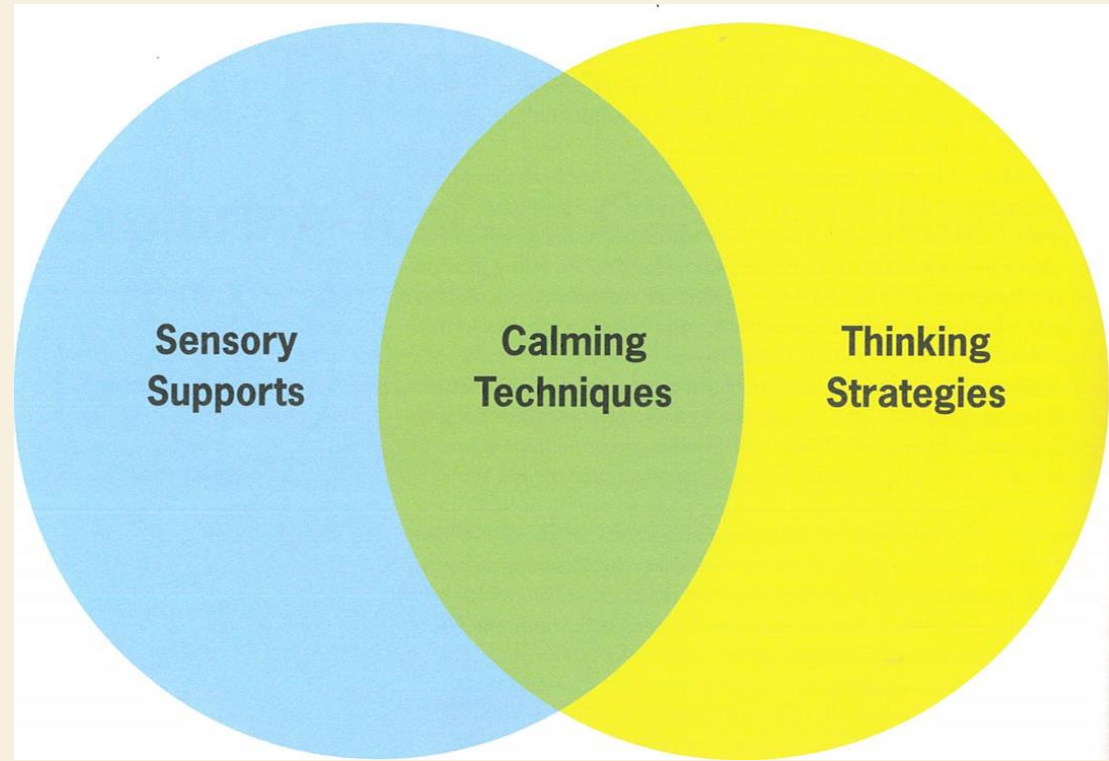
Emotional regulation

The controlling of emotions to meet your goals.

Includes: monitoring, evaluating and modifying oneself. It needs objectivity, motivation and understanding other's emotions.

CURRICULUM OVERVIEW

- **From age 4 upwards – differentiation still key focus**
- **18 lessons – 30 to 60 mins**
- **Lessons 1- 9 introduce the zones and how they apply themselves and effect others.**
- **Lessons 10-12 focus on the aspects in a toolkit.**
- **Lessons 13-18 develop skills in applying the toolkit.**
- **Check for learning - regular assessments are planned in.**
- **We will need to consider teaching the wider community through inviting parents into class, workshops and assemblies.**



Tools Taught in This Chapter's Lessons

Sensory Supports

- These will depend on the sensory supports and equipment you have available.

Calming Techniques

- ' 6 Sides of Breathing
 - Lazy 8 Breathing
 - Calming Sequence
- ' Count to Ten
- Learning to Take a Deep Breath

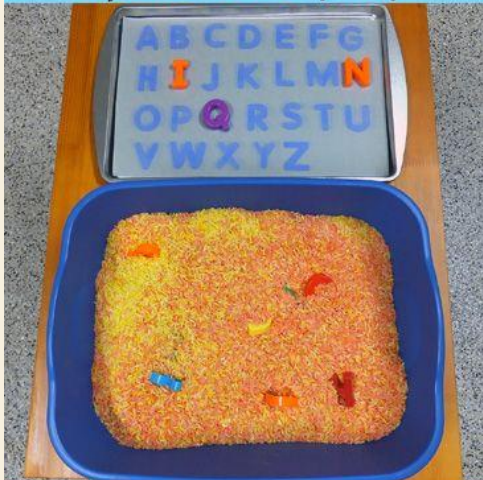
Thinking Strategies

- Big vs. Little Problem
- Inner Coach vs. Inner Critic
- Superflex vs. Rock Brain Thinking

SENSORY SUPPORTS



Alphabet Sensory Play



pre-kpages.com



Texture Balloons

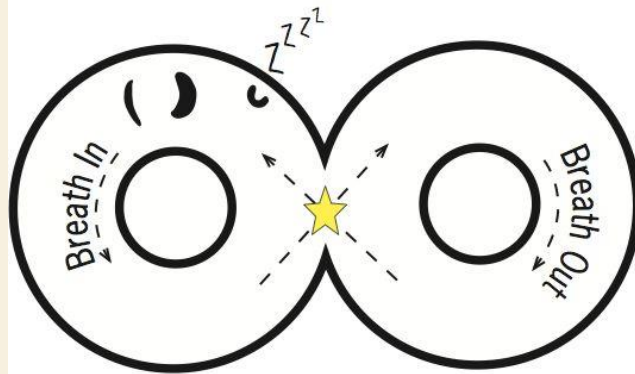


20 essential oil roller bottle recipes



CALMING TECHNIQUES

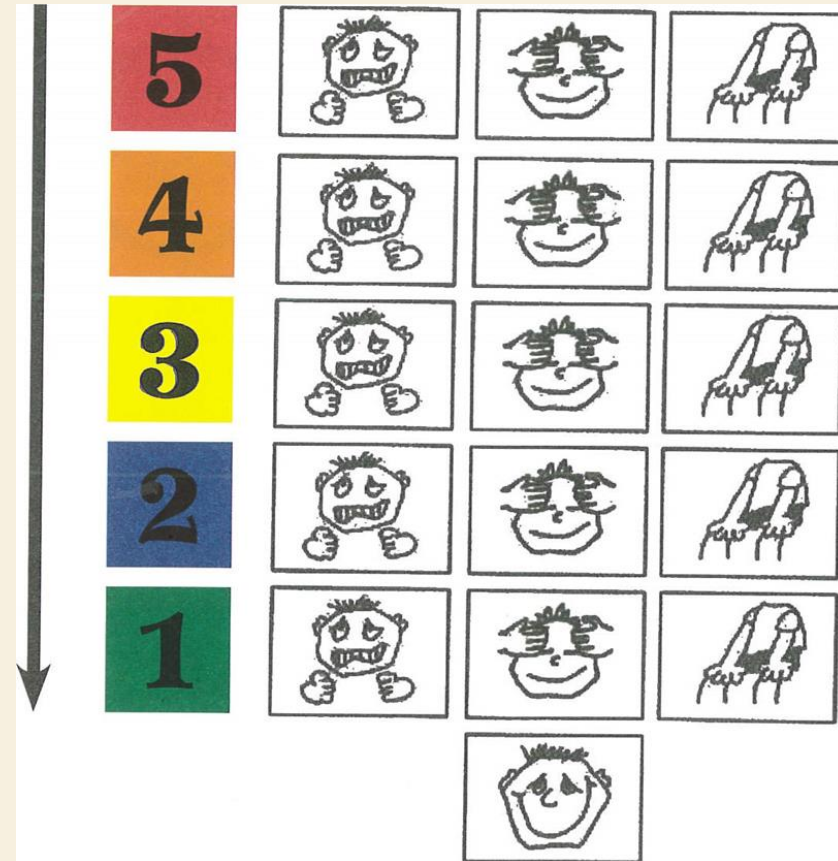
Lazy 8 Breathing



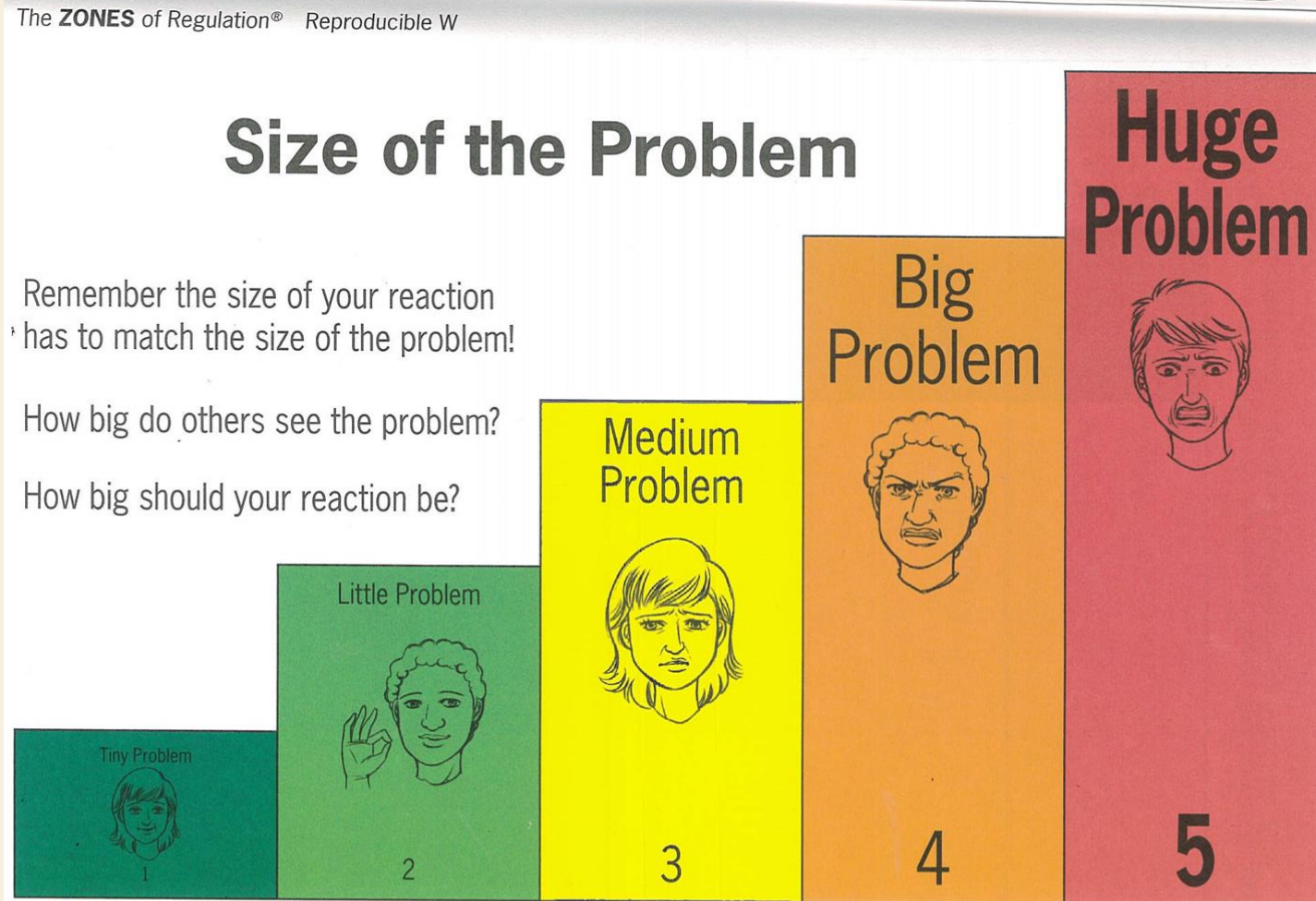
Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

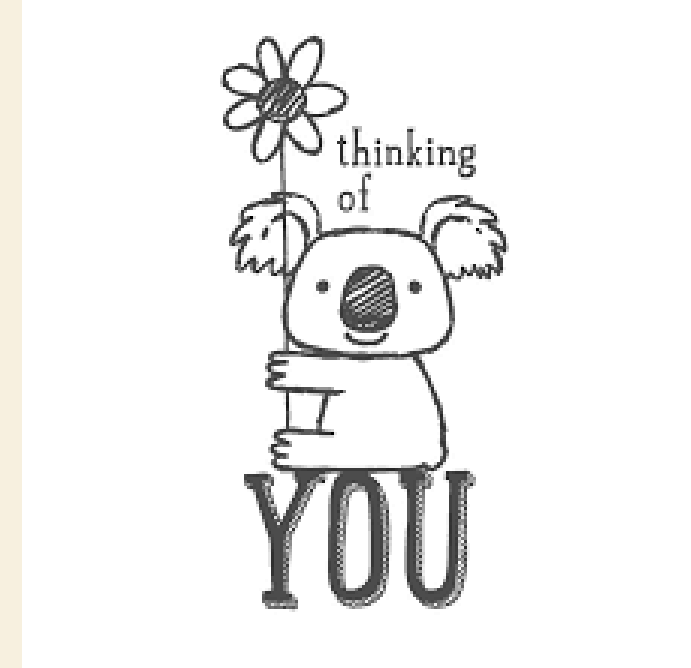
Continue breathing around the Lazy 8 until you have a calm body and mind.



THINKING STRATEGIES – BIG VS LITTLE PROBLEMS



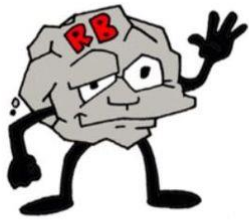
INNER CRITIC VS INNER COACH



ROCK BRAIN VS SUPERFLEX

Social Thinking
Lesson Ideas
for:

ROCK BRAIN

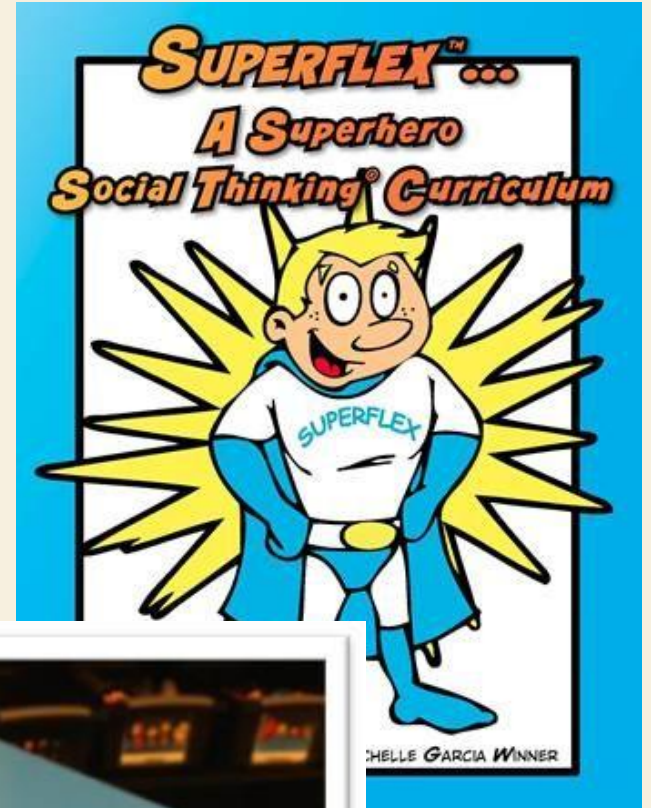


Encourage Play
www.encourageplay.com

Rock Brain Craft



Speech Room News



STOP-OPT-GO

Problem: _____

A thought bubble with a black outline and a small circle at the bottom left. Inside the bubble are six horizontal lines for writing.

Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.